

Wood apple-Its nutritive value and medicinal benefits

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■ **Abstract :** Wood apple also known as *Aegle marmelos* is a dry land fruit in the shape of pyriform, oval, oblong; 15-17 m in diameter; belongs to Rutaceae family with botanical name *Limonia acidissima* L. It requires a monsoon climate with a distinct dry season. It can be planted in all kinds of soil. It is highly valued for its therapeutic values in Ayurveda and is known to cure liver disorders, indigestion, piles, respiratory problems, diarrhea and dysentery. The aroma of wood apple is a complex mixture of many volatile compounds such as esters, alcohol, aldehydes, ketones, ethers and aldehyde which predominates in immature wood apple but their content decreases as the fruit matures. All the volatile components are of great importance for the complete characteristic aroma profile of the fruit. The fruit can be used in the preparation of product such as jelly, chutney, jam and beverage. Some people eat raw wood apple pulp with or without sugar; Srilankan people prepare a popular drink known as Sinhalese as dimbulkiri (wood apple milk) by mixing ripened wood apple pulp with coconut milk and palm sugar. A fruit with such diverse values and immense potentialities indicate its scope for processing commercially into valuable products. Thus wood apple brings about many nutritional and medicinal benefits which can be used in development of various value added products.

■ **Key words :** *Aegle marmelos*, Rutaceae, Nutritional properties, Medicinal properties

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